

UNEXPECTED & POWERFUL · SUSTAINABILITY

# Burnout Prevention for Advocates

The resource that should exist in every advocacy toolkit — but doesn't

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Civic engagement is exhausting. The issues are heavy, the timelines are long, the wins are rare, and the losses are public. Nobody talks about the sustainability piece — but it's the difference between advocates who last and advocates who disappear after one session.

## HONEST SELF-ASSESSMENT

- I regularly work more than I intended to on this work
- I have cancelled personal commitments because of advocacy obligations
- I find it hard to stop thinking about work issues when I'm not working
- I feel guilty when I'm not working on this issue
- I feel resentment toward the people or systems I'm trying to change
- My relationships outside this work have been affected by how much I put into it

If you checked 3 or more, describe what's happening honestly

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## BOUNDARIES

The hours or days I protect from advocacy work

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The personal commitments that are non-negotiable regardless of what's happening in session

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How I communicate my limits to colleagues and coalition partners

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## RESTORATION

What restores me when I'm depleted? (Be specific — not "self-care" but what actually works for you)

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The person I call when this work gets heavy

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*You cannot sustain a movement from an empty place. Protecting yourself is not a luxury. It is a prerequisite for long-term impact. The work needs you to still be here in ten years.*

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